

Grounded

A Four-Part Series: Introduction to Ground Work



Program Details:

Participants will learn beneficial horsemanship skills from greeting their horse in the paddock to turn out after the ride. We will cover various ground work exercises that can be used prior to mounted time. Standards of proficiency in these skills will be reviewed and discussed.

Each session begins with guided grounding exercises to center, find balance and ease before greeting the horses. Each session ends with a debrief for reflection and processing our equine interactions.

Part 1: Greeting, haltering in paddock/stall, leading, and turn out to paddock/stall

Part 2: Grooming sequence, tactful tacking, cooling out

Part 3: Exercises in hand, either halter and lead or bridle

Part 4: Join Up - Liberty work in round pen

This is a four-part series for \$200 to be completed in full. Options include either an individual 45-minute private or a group session for 1.5 hours, dependent on student interest and availability.

**FMI: Contact Alissa Luckey
(207)985-0374**

aluckey@carlisleacademymaine.com
www.carlisleacademymaine.com

About Grounded

Deepening our relationship with horses begins by being fully present, inviting stillness, and cultivating calm confidence in ourselves that translates to our time with the horse.

Ground work with horses is an important and effective way to develop partnership, connection, respect and safety. Working on the ground before riding provides a good warm up with opportunities to lower the head, stretch over the topline, develop relaxation, observe any lameness or other issues. It gets the horse thinking and processing different ways of moving and working with us.

The program is taught by credentialed Carlisle staff.



CARLISLE ACADEMY
at Spring Creek Farm